



Citrus Crunch Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



35 min.

SERVINGS



4

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 optional: lemon
- 1 lime
- 1 cranberry-orange relish
- 1 lb chicken breasts boneless skinless
- 1 pkt. shake 'n bake chicken coating mix

Equipment

- frying pan
- oven

aluminum foil

Directions

Heat oven to 400F.

Grate zest from half of each of the fruit pieces; mix with coating mix. Use to coat chicken as directed on package.

Cut fruit into thin slices; arrange, slightly overlapping, on bottom of foil-lined 13x9-inch pan. Top with chicken.

Bake 30 min. or until chicken is done (165F).

Serve topped with fruit slices.

Nutrition Facts

 **PROTEIN 43.06%** **FAT 51.12%** **CARBS 5.82%**

Properties

Glycemic Index:25, Glycemic Load:2.17, Inflammation Score:-6, Nutrition Score:25.626956607984%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 23.66mg, Hesperetin: 23.66mg, Hesperetin: 23.66mg, Hesperetin: 23.66mg Naringenin: 5.74mg, Naringenin: 5.74mg, Naringenin: 5.74mg, Naringenin: 5.74mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 566.97kcal (28.35%), Fat: 31.77g (48.88%), Saturated Fat: 8.87g (55.44%), Carbohydrates: 8.14g (2.71%), Net Carbohydrates: 6.13g (2.23%), Sugar: 4.02g (4.47%), Cholesterol: 215.4mg (71.8%), Sodium: 265.72mg (11.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.22g (120.44%), Vitamin B3: 24.93mg (124.66%), Selenium: 64.05µg (91.5%), Vitamin B6: 1.56mg (78.22%), Phosphorus: 530mg (53%), Vitamin C: 41.02mg (49.72%), Vitamin B5: 3.52mg (35.18%), Potassium: 893.13mg (25.52%), Zinc: 3.21mg (21.4%), Vitamin B2: 0.36mg (21.4%), Magnesium: 74.01mg (18.5%), Vitamin B1: 0.23mg (15.41%), Vitamin B12: 0.82µg (13.62%), Iron: 2.43mg (13.49%), Fiber: 2.01g (8.04%), Copper: 0.16mg (7.88%), Vitamin A: 388.64IU (7.77%), Folate: 30.1µg (7.52%), Vitamin E: 0.92mg (6.15%), Calcium: 52.27mg (5.23%), Manganese: 0.07mg (3.54%), Vitamin D: 0.49µg (3.3%), Vitamin K: 3.18µg (3.03%)